Dealing with Bullies

1. **Bullying is a Big Problem**
2. Define bullying according to this article.
3. What are two main reasons people are bullied?
4. Give three examples of bullying activities identified in the article.
5. **How Does Bullying Make People Feel**
6. Why is bullying so painful to the victims?
7. What are some of the symptoms that victioms may experience?
8. What are some of the consequences bullies are at risk of experiencing?
9. **Who Bullies?**

Construct a list of characteristics of bullies.

1. **What Can You Do?**
2. Which adults are often the best source of help if you are being bullied?
3. What can you do if you fear the situation could become physically violent?
4. **What If You’re the Bully?**
5. What are some reasons people become bullies?
6. What are two things you can do if you realize you are being a bully?
7. **Steps to Stop Bullying at School**

Summarize three suggestions that may help to reduce or eliminate bullying in school.

1. **Bullying Survival Tips**

Choose three survival tips from this article that you agree with.